



NATIONAL
GEOGRAPHIC

READING EXPEDITIONS™

国家地理

科学探索丛书

THE HUMAN BODY

人体

Keeping Fit

保持健康

PETER WINKLER (美) 著

外语教学与研究出版社

FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

NATIONAL
GEOGRAPHIC

国家地理
科学探索丛书

THE HUMAN BODY

人体

Keeping Fit

保持健康

PETER WINKLER (美) 著

关静瑞 注



外语教学与研究出版社

FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

北京 BEIJING

(京)新登字 155 号

京权图字: 01-2004-4817

图书在版编目(CIP)数据

人体 保持健康/(美)温克勒(Winkler, P.)著;关静瑞注. —北京:外语教学与研究出版社, 2004. 8
(国家地理科学探索丛书·自然科学系列:英文注释版)
ISBN 7-5600-4257-0

I. 人… II. ①温… ②关… III. 英语—语言读物, 保健 IV. H319.4: R

中国版本图书馆 CIP 数据核字(2004)第 078647 号

Copyright © (2002) National Geographic Society. All rights reserved.

Copyright © (2004) (in English-Chinese bilingual) National Geographic Society. All rights reserved.

国家地理科学探索丛书(英文注释版主题合订版)由美国北极星传媒有限公司策划并授权出版。

仅限中国大陆地区销售。不得在香港、澳门、台湾地区销售,不得出口。

人体

保持健康

PETER WINKLER (美) 著

关静瑞 注

* * *

责任编辑: 余 军

执行编辑: 周 晶

出版发行: 外语教学与研究出版社

社 址: 北京市西三环北路 19 号 (100089)

网 址: <http://www.fltrp.com>

印 刷: 北京画中画印刷有限公司

开 本: 740×975 1/16

印 张: 2

版 次: 2004 年 8 月第 1 版 2004 年 8 月第 1 次印刷

书 号: ISBN 7-5600-4257-0/G·2189

全套定价: 29.50 元

* * *

如有印刷、装订质量问题出版社负责调换

制售盗版必究 举报查实奖励

版权保护办公室举报电话: (010)88817519

此为试读, 需要完整PDF请访问: www.ertongbook.com

致读者

如果你希望读到地道的英语，在享受英语阅读乐趣的同时又能增长知识、开拓视野，这套由外语教学与研究出版社与美国国家地理学会合作出版的“国家地理科学探索丛书”正是你的选择。

“国家地理科学探索丛书”分为9个系列，内容涉及自然科学和社会研究，秉承《国家地理》杂志图文并茂的特色，书中配有大量精彩的图片，文字通俗易懂、深入浅出，将科学性和趣味性完美结合，称得上是一套精致的小百科。

这套丛书以英文注释形式出版，注释由国内重点中学教学经验丰富的英语教师完成。特别值得推荐的是本套丛书在提高青少年读者英语阅读能力的同时，还注重培养他们的科学探索精神、动手能力、逻辑思维能力和沟通能力。

本丛书既适合学生自学，又可用于课堂教学。丛书各个系列均配有一本教师用书，内容包括背景知识介绍、技能训练提示、评估测试、多项选择题及答案等详尽的教学指导，是对课堂教学的极好补充。

本套丛书是适合中学生及英语爱好者的知识读物。

An underwater photograph of children swimming in a pool. The water is clear blue, and sunlight filters through from above, creating shimmering patterns on the swimmers. A child in a green swimsuit is in the foreground, and another child is visible to the right. The overall mood is bright and active.

Contents 目录

Introduction 4

引言

Home, Fit Home

家，健康的家

Chapter 1 6

第一章

A Map for Smart Eating

聪明的吃法

Picture This 14

读图地带

Supermarket Mysteries

超市里的秘密

Chapter 2 16

第二章

Let's Get Moving!

让我们行动起来!



Chapter 3..... 22

第三章

The Fitness Frontier

健康新领域

Thinking Like a Scientist..... 26

像科学家一样思考

Estimating

估算

Hands-on Science 28

亲身实践

How Fat Is Your Food?

你的食物里有多少脂肪?

Science Notebook 30

科学备忘录

Index..... 31

索引

NATIONAL
GEOGRAPHIC

国家地理
科学探索丛书

THE HUMAN BODY

人体

Keeping Fit

保持健康

PETER WINKLER (美) 著

关静瑞 注



外语教学与研究出版社

FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

北京 BEIJING

An underwater photograph of children swimming in a pool. The water is clear blue, and sunlight filters through from above, creating shimmering patterns. A child in a green swimsuit is in the foreground, and another child is visible in the background.

Contents 目录

Introduction 4

引言

Home, Fit Home

家，健康的家

Chapter 1 6

第一章

A Map for Smart Eating

聪明的吃法

Picture This 14

读图地带

Supermarket Mysteries

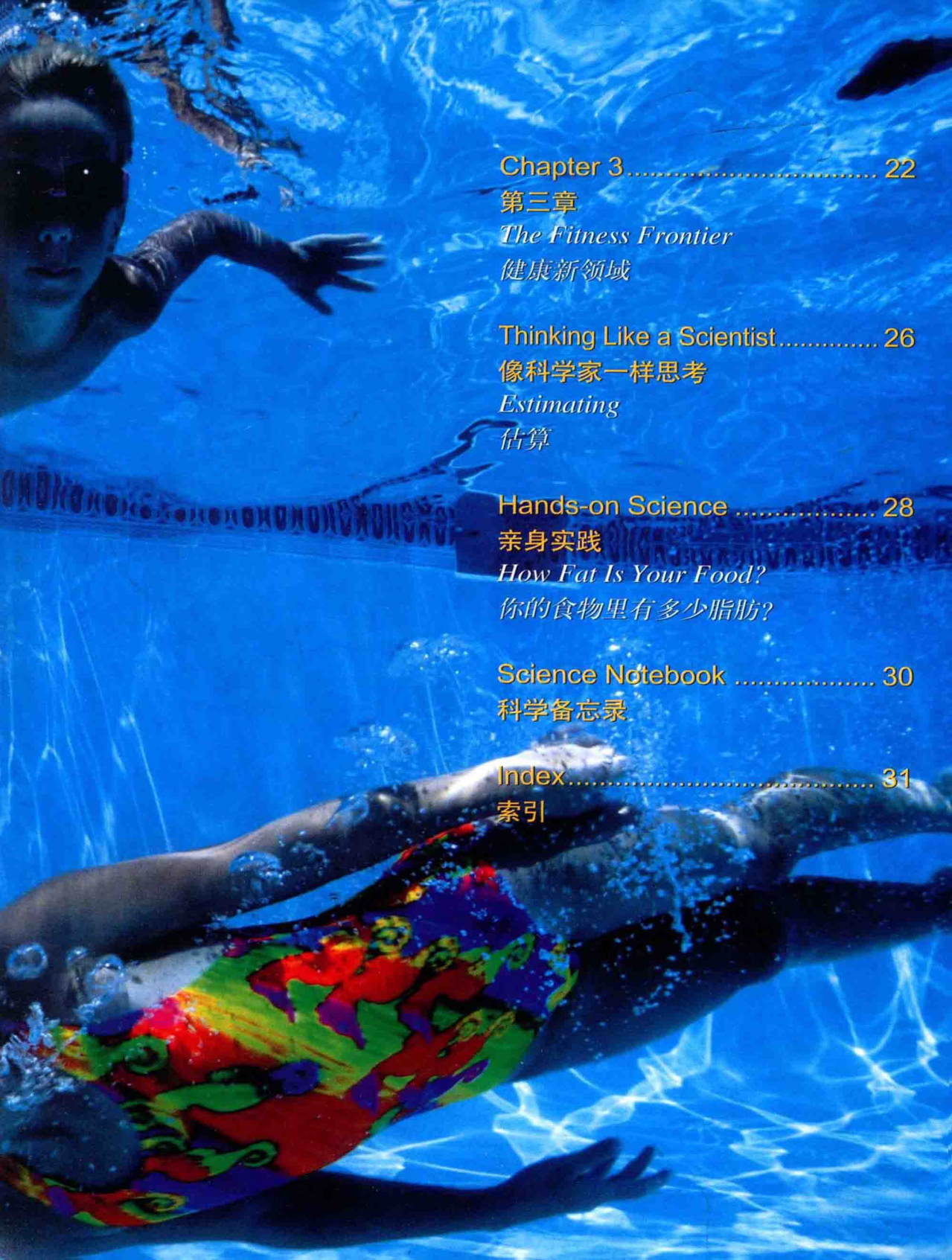
超市里的秘密

Chapter 2 16

第二章

Let's Get Moving!

让我们行动起来!



Chapter 3..... 22

第三章

The Fitness Frontier

健康新领域

Thinking Like a Scientist..... 26

像科学家一样思考

Estimating

估算

Hands-on Science 28

亲身实践

How Fat Is Your Food?

你的食物里有多少脂肪?

Science Notebook 30

科学备忘录

Index..... 31

索引



Introduction

引言

Home, Fit Home

家，健康的家



You may move many times in your life, but there's one home you'll never leave—your body. So you want to make sure it's a place worth¹ living in. And you can!



Your bodily home is under construction². You see that each time you outgrow³ a pair of shoes, try a bigger bike, reach⁴ a higher shelf⁵, tower over⁶ a younger brother, or look at old pictures.

It probably⁷ seems like your body is building itself. In some ways, it is. After all, you don't tell your body to grow. It just does, although maybe not as fast as you'd like.

But there's more to the story. That's where you come in. Whether you realize⁸ it or not, you're constantly⁹ making construction choices: Fruit or fries? Working out or vegging out¹⁰? Water or soda¹¹? You get the idea.

How you handle¹² those choices directly affects¹³ your weight, your strength¹⁴, and your overall¹⁵ health. They, in turn¹⁶, shape¹⁷ the way you feel about yourself. So never doubt¹⁸ your key role in building your body!

This book explores¹⁹ two big topics: nutrition²⁰ and exercise. What you eat and how you exercise are two of the most important choices you make in constructing your body. Eating and exercising wisely will help you build yourself a great home—for today and tomorrow.

| | | | | | |
|--------------------------|--------------|-----------|---------------|-------------|-----------|
| 1. worth | <i>prep.</i> | 值得…… | 11. soda | <i>n.</i> | 苏打水; 果汁汽水 |
| 2. be under construction | | 正在建造中 | 12. handle | <i>v.</i> | 处理 |
| 3. outgrow | <i>v.</i> | 长得使……不再适用 | 13. affect | <i>v.</i> | 影响 |
| 4. reach | <i>v.</i> | 够到 | 14. strength | <i>n.</i> | 力量; 力气 |
| 5. shelf | <i>n.</i> | 架子 | 15. overall | <i>adj.</i> | 全面的; 综合的 |
| 6. tower over | | 高出; 超过 | 16. in turn | | 转而; 反过来 |
| 7. probably | <i>adv.</i> | 很可能; 大概 | 17. shape | <i>v.</i> | 形成 |
| 8. realize | <i>v.</i> | 认识到 | 18. doubt | <i>v.</i> | 怀疑 |
| 9. constantly | <i>adv.</i> | 经常地 | 19. explore | <i>v.</i> | 探究; 探索 |
| 10. veg out | | 懒洋洋(几乎不动) | 20. nutrition | <i>n.</i> | 营养 |

Chapter 1

第一章

A Map for Smart Eating

聪明的吃法



Ethnic¹ restaurants, TV dinners², organic³ kiwis⁴, jumbo⁵ fries—modern Americans have incredible⁶ food options⁷. So many choices can turn healthy eating into a supersize⁸ challenge⁹.

“What’s for dinner?”

Kids asking that 200 years ago probably knew the answer. Their plates might hold a bit of salty¹⁰ meat, a piece of bread, a hunk of¹¹ cheese¹², and some vegetables. Monday’s dinner looked a lot like Tuesday’s. Tuesday’s looked a lot like Wednesday’s. Menus¹³ were pretty limited¹⁴.

A World of Choices

Things have changed. Trains and trucks speed food across the country in days. Freezers¹⁵, refrigerators¹⁶, cans¹⁷, and preservatives¹⁸ keep things fresh for weeks, even months. Restaurants, supermarkets, magazines, and the Internet¹⁹ introduce us to new foods.

All this means you truly have a world of choices about what to eat. In a single²⁰ week, you might have chicken or chimichangas²¹, spaghetti²² or sushi²³. Those options may make it difficult to find the most healthful foods. But there’s a simple way to explore the world of food choices: Get a map.



| | | | | | |
|---------------|-------------|-----------|------------------|-------------|----------|
| 1. ethnic | <i>adj.</i> | 民族风味的 | 13. menu | <i>n.</i> | 菜谱 |
| 2. TV dinner | | 盒装电视便餐 | 14. limited | <i>adj.</i> | 有限的 |
| 3. organic | <i>adj.</i> | 不用化肥的 | 15. freezer | <i>n.</i> | 冷藏箱 |
| 4. kiwi | <i>n.</i> | 猕猴桃 | 16. refrigerator | <i>n.</i> | 冰箱 |
| 5. jumbo | <i>adj.</i> | 特大号的; 巨型的 | 17. can | <i>n.</i> | 罐头 |
| 6. incredible | <i>adj.</i> | 难以置信的 | 18. preservative | <i>n.</i> | 防腐剂 |
| 7. option | <i>n.</i> | 选择 | 19. Internet | <i>n.</i> | 因特网 |
| 8. supersize | <i>adj.</i> | 极大的 | 20. single | <i>adj.</i> | 一个的 |
| 9. challenge | <i>n.</i> | 挑战 | 21. chimichanga | <i>n.</i> | 墨西哥食品 |
| 10. salty | <i>adj.</i> | 咸的 | 22. spaghetti | <i>n.</i> | 意大利面条 |
| 11. a hunk of | | 一大块 | 23. sushi | <i>n.</i> | 寿司(日本食品) |
| 12. cheese | <i>n.</i> | 奶酪 | | | |

Did you ever wonder...

... if vegetarian diets²¹ are healthy?

The answer depends on your food choices. Fruits, vegetables, and whole grains²² give you plenty of fiber²³ without too much fat. But eating too much high-fat cheese is another story!

A key challenge for vegetarians is getting enough protein, vitamins, and minerals. People who eat no animal products at all—called vegans²⁴—need to take vitamin B₁₂. This vitamin is usually found in meat or dairy foods. It helps your body create red blood cells. It also keeps your nervous system²⁵ healthy. Vegans may also need calcium²⁶ supplements.

Climbing the Food Pyramid¹

The best known nutrition map is the food pyramid. The United States Department of Agriculture (USDA²) published³ it in 1992. You've probably glimpsed⁴ the pyramid before, but eye⁵ it carefully. You'll see what a healthful, balanced diet⁶ looks like.

At the base of the pyramid, you'll find foods that contain⁷ mostly carbohydrates⁸. Those are substances⁹ your body uses as a source¹⁰ of energy¹¹. Next come fruits and vegetables. They also provide¹² carbohydrates, along with important vitamins¹³ and minerals¹⁴. Your body needs 13 vitamins and 22 minerals. One easy way to get most of them is to eat a "rainbow"¹⁵ of vegetables and fruits. Each food gives you something different. And all those colors will brighten your plate.

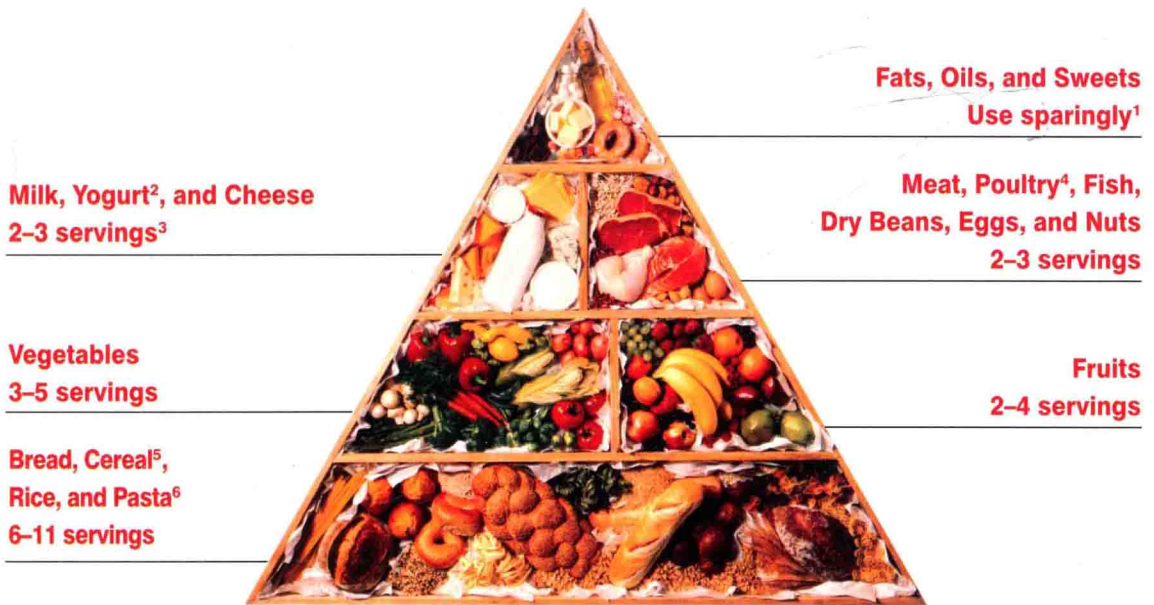
The next level up, you'll find meats, dairy products¹⁶, and other foods rich in protein¹⁷. That is a substance needed to build and repair living cells¹⁸. These foods also provide fat. You need some fat to grow and stay healthy. Just don't eat large amounts. Notice that this level of the pyramid is smaller than the ones below. That's a reminder¹⁹ to eat fewer of these foods.

Eating a variety of²⁰ foods gives your body the nutrients it needs to do its work. The next page gives you some ideas for smart eating.

| | | | | | |
|------------------|-----------|-------|---------------------|-----------|----------|
| 1. pyramid | <i>n.</i> | 金字塔 | 13. vitamin | <i>n.</i> | 维生素 |
| 2. USDA | | 美国农业部 | 14. mineral | <i>n.</i> | 矿物质 |
| 3. publish | <i>v.</i> | 公布 | 15. rainbow | <i>n.</i> | 五彩缤纷的排列 |
| 4. glimpse | <i>v.</i> | 瞥见 | 16. dairy product | | 奶产品 |
| 5. eye | <i>v.</i> | 看 | 17. protein | <i>n.</i> | 蛋白质 |
| 6. balanced diet | | 平衡的饮食 | 18. living cell | | 活细胞 |
| 7. contain | <i>v.</i> | 包含 | 19. reminder | <i>n.</i> | 提示 |
| 8. carbohydrate | <i>n.</i> | 碳水化合物 | 20. a variety of | | 多种的 |
| 9. substance | <i>n.</i> | 物质 | 21. vegetarian diet | | 素食 |
| 10. source | <i>n.</i> | 源泉 | 22. whole grain | | 全谷类食品 |
| 11. energy | <i>n.</i> | 能量 | 23. fiber | <i>n.</i> | 纤维 |
| 12. provide | <i>v.</i> | 提供 | 24. vegan | <i>n.</i> | 严格的素食主义者 |
| | | | 25. nervous system | | 神经系统 |
| | | | 26. calcium | <i>n.</i> | 钙 |



USDA Food Guide Pyramid



What counts⁷ as a serving? Each item in the food groups below equals one serving.

Bread, Cereal, Rice, and Pasta

- 1 slice⁸ of bread
- 1 small roll
- 3/4 cup of cold cereal
- 1/2 English muffin⁹
- 1/2 small bagel¹⁰
- 1/2 cup of cooked rice or pasta

Vegetables

- 1 cup of raw¹¹ leafy¹² vegetables
- 3/4 cup of vegetable juice
- 1/2 cup of raw chopped¹³ vegetables
- 1/2 cup of cooked vegetables

Fruits

- 1 medium-size piece (such as an apple or banana)
- 1 cup of berries¹⁴
- 1 wedge¹⁵ of melon
- 3/4 cup of 100% fruit juice
- 1/2 cup of chopped, canned, or cooked fruit
- 1/4 cup of dried fruit

Milk, Yogurt, and Cheese

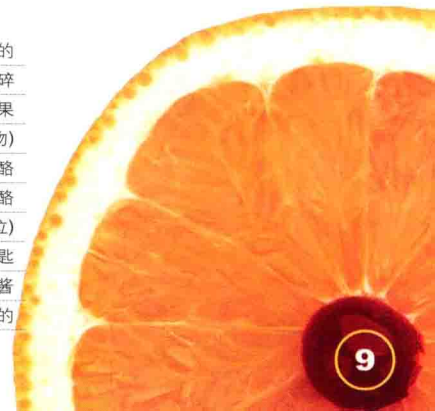
- 1 cup of milk or yogurt
- 3/4 cup of cottage cheese¹⁶
- 1/2 cup of ricotta cheese¹⁷
- 1½-2 ounces¹⁸ of other cheeses

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts

- 4 tablespoons¹⁹ of peanut butter²⁰
- 2-3 ounces of cooked lean²¹ meat, fish, or skinless poultry
- 2 eggs
- 1 cup of cooked dry beans

| | | |
|--------------|-------------|-----------|
| 1. sparingly | <i>adv.</i> | 有节制地 |
| 2. yogurt | <i>n.</i> | 酸奶 |
| 3. serving | <i>n.</i> | (食物或饮料的)份 |
| 4. poultry | <i>n.</i> | 家禽 |
| 5. cereal | <i>n.</i> | 谷类食品 |
| 6. pasta | <i>n.</i> | 意大利面食 |
| 7. count | <i>v.</i> | 算作 |
| 8. slice | <i>n.</i> | 薄片 |
| 9. muffin | <i>n.</i> | 松饼 |
| 10. bagel | <i>n.</i> | 硬面包圈 |
| 11. raw | <i>adj.</i> | 生的 |

| | | |
|--------------------|-------------|------------|
| 12. leafy | <i>adj.</i> | 多叶的 |
| 13. chop | <i>v.</i> | 剁碎 |
| 14. berry | <i>n.</i> | 浆果 |
| 15. wedge | <i>n.</i> | 楔形(物) |
| 16. cottage cheese | | 农家鲜干酪 |
| 17. ricotta cheese | | 乳清干酪 |
| 18. ounce | <i>n.</i> | 盎司(英制重量单位) |
| 19. tablespoon | <i>n.</i> | 大汤匙 |
| 20. peanut butter | | 花生酱 |
| 21. lean | <i>adj.</i> | 瘦的 |





Perils¹ at the Peak²

The triangle at the top of the pyramid represents³ oils, sweets, and fats such as butter. Your body needs only small amounts of these substances to function. But the USDA experts who created the pyramid realize that we're all human. We like cookies. We enjoy butter. We all scream⁴ for ice cream.

That's fine—occasionally. Trouble arises when these fatty or sweet foods become a big part of your daily diet. Then you're likely to gain weight and overwork⁵ your heart. You also increase the risk of getting diabetes⁶, heart disease, and perhaps even cancer.

So should you eat spinach⁷ instead of birthday cake? Of course not. The trick⁸ is to eat a variety of foods and to limit your intake⁹ of foods high in fat and sugar. You can do this, even when you're out with friends. Here are a few tips¹⁰.

- Order baked¹¹, grilled¹², or broiled¹³ meats.
- Eat a pretzel¹⁴ or popcorn¹⁵ (without the butter) instead of chips¹⁶ or fries.
- Substitute¹⁷ frozen yogurt for ice cream and nonfat or low-fat milk for whole milk.
- Try salsa¹⁸ and mustard¹⁹ on a sandwich instead of mayo²⁰.
- Cut back on salad dressing²¹.

One more tip: Try saving special treats²² for special occasions²³. You'll probably enjoy them more. And you'll definitely²⁴ do your body a big favor.

| | | | | | |
|--------------|-----------|-----------|----------------|-------------|----------|
| 1. peril | <i>n.</i> | 危险 | 13. broil | <i>v.</i> | 烤; 焙 |
| 2. peak | <i>n.</i> | 尖顶; 顶峰 | 14. pretzel | <i>n.</i> | 椒盐卷饼 |
| 3. represent | <i>v.</i> | 代表 | 15. popcorn | <i>n.</i> | 爆玉米花 |
| 4. scream | <i>v.</i> | (因兴奋)尖声喊叫 | 16. chips | <i>n.</i> | 油炸土豆片(条) |
| 5. overwork | <i>v.</i> | 过度使用 | 17. substitute | <i>v.</i> | 替代 |
| 6. diabetes | <i>n.</i> | 糖尿病 | 18. salsa | <i>n.</i> | (辣)沙司 |
| 7. spinach | <i>n.</i> | 菠菜 | 19. mustard | <i>n.</i> | 芥末 |
| 8. trick | <i>n.</i> | 窍门 | 20. mayo | <i>n.</i> | 蛋黄酱 |
| 9. intake | <i>n.</i> | 吸收 | 21. dressing | <i>n.</i> | 调料 |
| 10. tip | <i>n.</i> | 提示 | 22. treat | <i>n.</i> | <口>极好的东西 |
| 11. bake | <i>v.</i> | 烤 | 23. occasion | <i>n.</i> | 场合 |
| 12. grill | <i>v.</i> | (在烤架上)炙烤 | 24. definitely | <i>adv.</i> | 肯定地 |

Season to Taste

The food pyramid is a *general* map for people seeking¹ a healthy path² through the world of food. But each person has his or her own food needs and preferences.

You may be allergic³ to some foods, in which case you probably need to avoid⁴ them. Milk, eggs, wheat, nuts, and shellfish⁵ are among the most common foods that cause allergies. Health problems may require you to follow a strict diet. Your religion⁶ may have dietary⁷ rules.

Your activities affect your food needs too. If you're an athlete⁸, you use lots of energy. So you can probably feed a large appetite⁹ without gaining weight. If you're a couch potato¹⁰, keep a careful eye on what you eat.

How does your daily diet compare with the one shown in the food pyramid?

| | | | | | |
|--------------|------|---------|------------------|----|----------------------|
| 1. seek | v. | 寻找 | 9. appetite | n. | 胃口；食欲 |
| 2. path | n. | 途径 | 10. couch potato | | 终日懒散的人； 老泡在电视机前的人 |
| 3. allergic | adj. | 过敏的 | 11. absorb | v. | 吸收 |
| 4. avoid | v. | 避免 | 12. cope with | | 对付 |
| 5. shellfish | n. | 有壳的水生动物 | 13. shot | n. | 注射 |
| 6. religion | n. | 宗教信仰 | 14. stress | v. | 把重点放在 |
| 7. dietary | adj. | 饮食的 | 15. pay off | | 得到好结果 |
| 8. athlete | n. | 运动员 | | | |

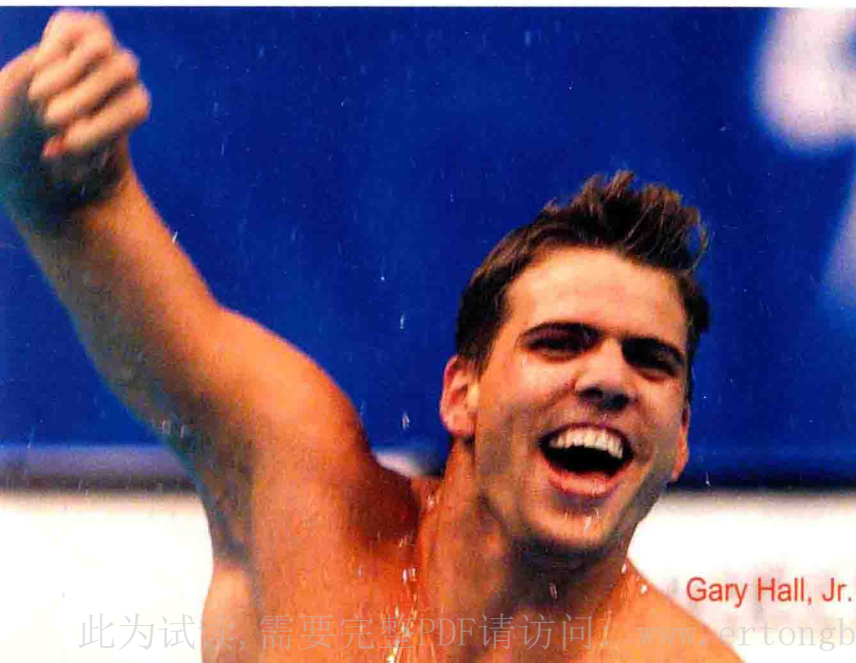
Focus On

Gary Hall, Jr.: Racing Against Diabetes

Swimmer Gary Hall, Jr., won four Olympic medals in 1996. He wanted to win more in 2000. His chances looked good, but then he got sick. Medical tests showed that Hall had diabetes. That's a disease in which the body cannot absorb¹¹ normal amounts of sugar.

Hall's doctor told him to forget about the Olympics. But the 24-year-old athlete didn't give up.

Working with a new doctor, Hall learned how to cope with¹² the disease. He tested his blood 10 to 12 times a day. He took shots¹³ to control his blood sugar levels. He completely changed his diet. And he exercised. "Exercise is so important," says Hall, "and I can't stress¹⁴ that enough." Hall's efforts paid off¹⁵. He swam in the 2000 Summer Olympics—and came home with four more medals.



Gary Hall, Jr.